

Friday Night Slide

COPPERKNOB
STEPSHEETS

拍数: 60 墙数: 4 级数:
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音乐: Fresh Coat of Paint - Lee Roy Parnell



SIDE STEP RIGHT, HOLD, SLIDE LEFT TOGETHER, HOLD (REPEAT)

Bend knees slightly

1-8 Step right to side and hold, slide left up to right, and hold (repeat)

A shimmy works well here

LEFT WEAVING GRAPEVINE

9-10 Step left to side, step right behind

11&12 Step left to side & step right across front, step left to side

You must put your full weight on left, ready to push off to right

SIDE STEP RIGHT, HOLD, SLIDE LEFT TOGETHER, HOLD (REPEAT)

13-20 Repeat 1-8

HEEL SWITCHES RIGHT, LEFT, RIGHT HOLD, HEEL SWITCHES LEFT, RIGHT, LEFT HOLD

21-24 Touch right heel forward, left heel, right heel, hold (clap on hold)

25-28 Touch left heel forward, right heel, left heel, hold (clap on hold)

LEFT GRAPEVINE, ¼ TURN LEFT, STEP WITH BACK HITCH

29-30 Step left to side, cross right behind

31-32 Step left to side with a quarter turn to left step right in front, hitching left behind

TOE STRUTS BACK, LEFT RIGHT LEFT RIGHT

33-36 Step back onto left toes, heel down, right toes back, heel down

37-40 Left toes, heel down, right toes, heel down

4 HIP BUMPS 2 RIGHT, 2 LEFT, 2 HIP GRINDS LEFT

41-44 Bump hips two right, two left

45-48 Grind hips around to left full circle twice

RIGHT SHUFFLE, LEFT SHUFFLE

49-52 Right shuffle forward, left shuffle forward

CROSS KICK, KICK, SAILOR STEP

53-54 Kick right across left, then kick right out to right

55&56 Step right behind left & step on left beside right, step on right

CROSS KICK, KICK, SAILOR STEP

57-58 Kick left across right, then kick left out to left

59-60 Step left behind right & step on right beside left, step on left

REPEAT